

HOWL

EVERYTHING THE MODERN
WEREWOLF NEEDS TO KNOW



SERENA VALENTINO

The background is a complex, layered abstract composition. It features a dense network of fine, intersecting lines in shades of blue, teal, and brown, creating a web-like texture. Overlaid on this are broad, expressive brushstrokes in vibrant blue and fiery orange-red, which sweep across the frame in various directions. The overall effect is one of dynamic energy and organic complexity.

HOWL

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UNLEASHING YOUR WILD SIDE

You stand at the crossroads, on the verge of prowling the moonlit paths of the werewolf—wild, free, and untethered by human restraints. If you dare to face your inner beast, an awe-inspiring transformation awaits.

In the pages that follow, you will learn the numerous ways one can become a werewolf, from traditional methods to obscure practices. You will discover the visceral feeling of this change (as well as what to expect from your new powers and instinctual gifts) and learn to recognize your shape-shifting brethren and evade the tactics of hunters.

As surely as the moon waxes and wanes, you will inevitably return to human form. This chapter will guide you on how to mix with humans and commune with other supernatural beings. And finally, you will learn the fine art of blending your human and lupine essences into a harmonious whole.

Your nature is one of duality—of beauty and horror, of savagery and nobility. Read on to embrace this fearsome destiny.

WHAT IS YOUR WEREWOLF ARCHETYPE?

Feeling a bit lycanthropic, but not sure exactly what kind of werewolf you've turned into? Or perhaps you're thinking of taking the plunge and wondering what you'll be like. Take this helpful personality quiz to determine your true werewolf persona.

1

HOW DID YOU BECOME A WEREWOLF?

- A. You were born into an ancient and proud werewolf society.
- B. You transformed unexpectedly after some vampires showed up.
- C. You're still in denial about that strange animal attack.
- D. You're demon spawn.

2

WHAT DOES THE OPPOSITE SEX THINK OF YOU?

- A. Your striking appearance and incredible strength both frighten and attract them.
- B. To your frustration, they often just want to be friends.
- C. They want to help you.
- D. If they have any sense, they flee at the sight of you!

3

WHAT DO YOUR NIGHTMARES TEND TO INVOLVE?

- A. Being enslaved by vampires.
- B. Seeing your friends get turned into vampires.
- C. Attacking innocent humans.
- D. You are the reason humans have terrifying nightmares.

4

WHAT IS YOUR HUNTING OR FIGHTING STYLE?

- A. You and your clan will fight to the death to defend yourselves.
- B. You only fight to protect the ones that you love.
- C. You hate fighting, but can't defy your nature for long.
- D. Get as many humans as you can.

5

WHERE'S YOUR IDEAL PLACE TO LIVE?

- A. With your clan in your spooky ancestral castle.
- B. In a place of stunning natural beauty where you can roam free.
- C. Splitting your time between your place in the city and your family's country estate.
- D. Anywhere you can attack as many people as possible.

6

WHAT DO YOU THINK OF HUMANS?

- A. They matter little to you. Vampires, however, are scum!
- B. Humans are your friends, and you'll do all you can to protect them. A little kissing would be nice, too.
- C. Tragically, you can't keep yourself from hurting them.
- D. They taste like chicken!



7

WHEN YOU TRANSFORM, WHAT HAPPENS TO YOUR CLOTHES?

- A. They merge into your sleek body when you become a wolf and turn back into slick club clothes on your return to human form.
- B. You tie them to your leg before you transform so they don't get lost.
- C. Much to your dismay, you often come to in the neighbor's garden wearing little except the remains of your underpants.
- D. Who cares? If you need clothes, you simply steal them from a human who passes by.

IF YOUR ANSWERS ARE . . .

MOSTLY A's:

You're a Lycan. You're a born warrior who has dedicated your life to fighting vampires and liberating your kind from their tyranny. Just as your world is dark and under siege, your relationships are passionate and dangerous affairs.

MOSTLY B's:

You're a guardian wolf. Your instincts for loyalty and protection (plus your dashing good looks) make you very popular with humans.

MOSTLY C's:

You're a Wolfman, tortured by the pain you cause your loved ones and other innocent humans when the moon is full.

MOSTLY D's:

You're the big bad wolf—a nightmare creature whose only goal is to infect as many humans as possible. Your disdain for humanity fuels your drive to rapidly increase the wolf population, mauling and slashing as you go.

EMBRACE YOUR INNER ANIMAL

Tired of hiding in the basement and drinking smelly potions? Why not wear your fur with pride and enjoy the best of both worlds? In recent generations, many werewolves have embraced the beast within. Proud werewolves use these methods to make every night a full-moon party while still staying safe.



A CABIN IN THE WOODS

Find a place deep in the woods where there are no other people about. Your rural retreat will offer the perfect place to frolic without fear of hurting humans.



MEDITATION AND YOGA

The ability to clear your mind and calm your soul helps you control when and where you transform. Become a werewolf at your discretion. You'll impress your friends!



HUNT IN PACKS

Hunting in packs is one of the best ways to experience your new wild instincts! What is more thrilling than running free with your buddies?



PERFECT YOUR HOWL

This is one of the most satisfying ways to unleash your wolf nature. Just don't practice too much if you live in a city setting—you don't want to tip off hunters or vampires. A nice wooded area is the best environment for such things. When you get there, go wild.



CELEBRATE THE LUNAR CYCLE

Make plans with your wolf pack to get together on significant dates like the full moon, the new moon, and the rare blue moon. Experiencing such events with friends is a surefire way to feel good about your werewolfery.



PARKOUR

You're bound to be great at parkour because your supernatural talents make you a natural. Plus, these skills may come in handy when you need to escape vampires or human hunters—and you'll look wicked cool.

LUNAR CHART



FIRST QUARTER

Clear your social calendar. Tell friends that you've got stuff planned for the next two weeks or so in the evening, and ask them not to come over.



WAXING GIBBOUS

You should be starting to feel really wolfy around now. Your temper may get short, and you'll start craving red meat.

WAXING CRESCENT

Start preparing to transform. So many lycanthropes leave it to the last minute, and this can cause those annoying little slipups, like sprouting fur in math class. Do you have wolfsbane tea on hand? Stock up!

NEW MOON OR DARK MOON

Now is the time to do all the nighttime outdoorsy activities you want—your risk of transforming is virtually zero. Go for a romantic starlit walk, or take that camping trip.



WANING GIBBOUS

This will be a recovery period for you. For a couple of days, take it easy—watch movies, play games, whatever helps you chill. Clean up anything you broke or ripped up in your home.

FULL MOON

Lock yourself in a safe room. Make sure to leave a note for your friends or anyone who might come by that tells them not to enter. Say you have a terrible flu, or are working on an important project.

THIRD QUARTER

It's safe to go out at night again! See friends, go to shows, do everything your wolfy little heart desires. You deserve it after spending a couple of uncomfortable days in a bunker (or your mom's basement).

WANING CRESCENT

See if you can get some friends together for a crescent moon party on the beach or in the woods. There are so many full-moon parties that you don't get to attend (unless it's with your pack).

WOLFMAN MAKEUP TIPS

Chances are you've shared your secret with some human friends. Maybe they're curious about what it's like to go around as a werewolf, or maybe they're just dying to go to one of your amazing parties. Even though they can't transform into wolves, you can help them blend into the pack with these easy makeup tips.

WHAT YOU WILL NEED:

- 🐾 Black and dark-brown matte eye shadow
- 🐾 Fake hair that matches your hair color
- 🐾 Hair spray
- 🐾 Spirit gum
- 🐾 Liquid latex and fake snout (for advanced use only)
- 🐾 Long fake fingernails
- 🐾 Black or dark-brown nail polish
- 🐾 Fake fangs

EERIE EYES

Use dark-brown eye shadow to create dark circles around your eyes. Brush the eye shadow down to the tops of your cheekbones.



PREPARE FOR HAIR!

Nothing says Wolfman like a thick coat of fur. You'll need some fake hair for your face and hands, as well as hair spray to volumize your own locks. You can find fake hair in most special-effects makeup stores, or you can buy a cheap wig. Cut the wig hair to the length you want and put it aside for later application.

FEARLESS FASHION: WARRIOR PRINCESS

Lady werewolves are just as fearsome as their male counterparts, so why not reflect that in your look? If you're ready for some action and attention, let out the barbarian she-wolf inside you. You'll turn heads and inspire puppyish devotion with this style, whether you and your savage entourage are out for a night of pillaging . . . or club-hopping.

WARRIOR WEAR

A gladiator-style overskirt works well for this look—it takes you from the dance floor to the battlefield without slowing you down (or sacrificing style). Wear it over leggings for extra modesty. A thick vest or leather corset offers protection from your enemies. And why not try donning a faux-fur vest? It will provide warmth without hindering you as you reach for weapons.

ACCESSORIES

Gauntlets help guard your wrists when you engage in swordplay, and a headband or scarf keeps your flowing locks under control while battling vampires. It's tempting to add heels with such a sassy look, but remember—you're going to be delivering karate kicks to the head. Balance is key!

MAKEUP

Your makeup can be as dramatic as you like with this look. After all, no one tells a barbarian wolf princess that she's overdoing it. Try bold streaks of war paint on your face if you think there's a chance you'll be heading into battle. Otherwise, you might use bronzer (if you're pale) to give your skin a burnished glow. Black liquid eyeliner on your top eyelid and eye pencil on your lower lid enhance your imperious stare.

LIFESTYLE

When you're not training or fighting, you're hanging with your comrades-in-arms. Your pack is close-knit and loyal, and you might spend your time feasting with them, exploring the world of role-playing games, writing songs about your exploits, or going to the concerts of visiting troubadours. Being a warrior woman doesn't mean you can't have a boyfriend—just find one who appreciates your strength!

MUSIC

Your taste tends toward slinky Middle Eastern melodies, dance music from Northern Africa, and battle-worthy industrial noise. Try some dreamy Arabic pop tunes from Amal Hijazi or the Algerian *raï* of Khaled. When you need to send your followers into a frenzy, reach for something like "Khyber Pass" from Ministry.

INSPIRATION

There are lots of places to find pointers on every aspect of style and strategy. Try watching the TV series *Xena: Warrior Princess*. Learn the finer points of warrior mythology by studying Amazons, Viking shield maidens, and Valkyries. Finally, search out books with female fighters for stirring bedtime reading. You'll find cool ladies even in classics like the Lord of the Rings series.



A headband or scarf
can keep your hair out
of your eyes should
you get into a fracas.



An armored bodice
or corset offers
protection from
your enemies.



Gladiator sandals or
tight-fitting leather
boots will ensure you
look good while you
kick butt!



An overskirt
slit to the top
of the thighs
lets you move
with great
agility.



Whether you reside in a simple
log cabin or a stately mansion,
your den is your fortress, your
refuge from the human world.



OTHER WERECREATURES

Shapeshifters lurk in every corner of the world—and while werewolves are rightly the most famous of the lot, they aren't the only ones out there. Here are a few you may encounter in your travels.

WERECATS

Sly and cunning, werecats are aloof creatures known for their elegance and independence. Most werecats are witches who use their magic to shape-shift. This mysterious allure makes them extremely popular in books and movies.

WEREDOGS

Humans who turn into domesticated dogs are known as cyanthropes. They don't get the respect (or the notoriety) that werewolves do. Still, though, their loyalty, good nature, and protective instincts make them a popular option for shapeshifters who don't wish to appear to others as fearful monsters.

WERETIGERS

Indigenous to many parts of Asia, weretigers are fearsome and proud predators. Local lore suggests that they are powerful sorcerers or human-eating beasts who acquired the power of shape-shifting by eating lots of humans.

WERERABBITS

These ravenous bunnies are rare, thankfully. Able to easily deplete a small town's vegetable gardens in a handful of nights, they are typically formed as the result of experimentation gone awry. For some reason, British inventors appear susceptible to transformation—like in *Wallace & Gromit: The Curse of the Were-Rabbit*.

WERECROWS

People who change shape into birds often pick the crow form. Werecrows that serve witches as messengers are wily, crafty, and untrustworthy. Some, however, forge mystical connections with humans. In rare cases, they have been known to help humans come back from the grave to avenge their own wrongful deaths.

WERELIONS

In certain parts of Africa, legends suggest that anyone with the power to shape-shift into lion form must be a king or a leader. Some claim that the lions of Tsavo—two people-eating lions who attacked builders of the Kenya-Uganda railroad at the end of the nineteenth century—were in fact werelions trying to stop colonial incursion.

WEREJAGUARS

Ancient Aztec warriors who dressed in jaguar skins before going into battle were among the first known werejaguars. These large, stately cats with their beautiful spotted coats are also a favorite host choice for shape-shifting shamans and nahuals.

WEREJACKALS

Werejackals pride themselves on being the descendents of Anubis and Set, Egyptian gods of the underworld. Truly regal creatures, these beasts are very intelligent, cunning, and proud.


IT'S A WILD WEREWOLF PARTY


Feeling like a party animal? Invite your friends over for a night they'll never forget. Whether you party indoors or outside, you'll have a howling good time with these ideas and decorating tips.





INDOOR CAVE PARTY


Everyone knows that whenever awesome things happen, they happen first underground. Transforming your room into a cave will thrill and impress your wolfy friends and guarantee a superspooky party! Here's what you will need.


 Drape burlap or other textured brown fabric over your walls and ceiling to create your cave's rocky interior.


 Costume and party stores often carry fake spiderwebs. Stash these around your cave for a creepy look.

 Litter your spiderwebs with black plastic spiders. If you can find spiders that glow in the dark, even better!

 Put a black lightbulb in your light fixture. It will make any glow-in-the-dark critters emit an eerie luminosity.


 No cave is complete without some animal pelts used as rugs. Buying fake animal-print fur and cutting it into shapes will do the trick.


 Get out the cardboard and pale yellow paint and make yourself a giant full moon. Put it up within view of the mouth of your cave. For extra atmosphere, illuminate it with a bright light. Glow-in-the-dark paint is a bonus.


 Search toy stores for rubber bats to hang from the roof of your cave! And, of course, use glow-in-the-dark bats if possible—they'll shine beautifully in your black light.


OUTDOOR BONFIRE PARTY


With adult supervision and guidance, you can have a really fun full-moon campfire gathering or bonfire beach party. Here's what to bring.


 First off, you'll need some firewood and kindling for your fire. Make sure your parents or other adults handle this aspect of your party.

 Bring blankets to sit on around your bonfire, as well as some extras to keep any human friends warm and snugly.

 Depending on where you live, even summer nights can get chilly. Don't forget to bring a warm jacket if you will be staying in human form for the festivities.

 Make sure you have some hot chocolate and sweet treats, like tasty moon-shaped cookies. Or you could pack some marinated meat to grill for kebabs—if you take on your wolf form, you can just gulp them down raw.

 Take along a drum, an acoustic guitar, a fiddle, or any instruments you might have. Play some music around the fire for your friends to howl along with.

 Bring stories to share about your ancestors, your wild werewolf adventures, and any other thrilling escapades.



SONGS TO MAKE YOU HOWL

All werewolves need some killer music for the soundtracks of their lives—it can soothe you during a rough transformation or add atmosphere to your memories. Here are some songs to listen to while you're wolfing around.



PROWLING FOR ADVENTURE

Deep in the Woods **Nick Cave and the Bad Seeds**

The Hungry Wolf **X**

Run Through the Jungle **The Gun Club**

Run with the Wolves **The Prodigy**

Jumpin' at the Woodside **Count Basie**

Born to Be Wild **Guitar Wolf**

New Moon Rising **Wolfmother**

Killer Wolf **Danzig**

REAL-LIFE WEREWOLVES

These infamous names date from pre-Enlightenment Europe, when waves of werewolf hysteria swept the land. While the Inquisition prowled for anyone suspected of witchcraft or werewolfery, scores of people were accused, and often tortured and executed. Herewith are tales of some of the darkest moments in werewolf history.

PETER STUMPP

This sixteenth-century German man confessed to werewolfism after extensive torture. Saying the devil gave him a magic belt that enabled his transformations, Stumpp claimed to have hunted and eaten several people while in wolf form. His execution in 1589 was so legendary that he, the so-called Werewolf of Bedburg, would live on in many fictional creations.

THE WOLF OF ANSBACH

In 1685, the citizens of Ansbach (a small town in what is now Germany) believed the savage wolf plaguing their town to be a reincarnation of their former mayor. This cruel official was so hated that, when the wolf was eventually captured and killed, the townsfolk dressed it up in human clothing, a mask, and a wig, and hung up its carcass for public display.

GILLES GARNIER

Also known by his nom de loup, the "Werewolf of Dole," this sixteenth-century Frenchman was burned at the stake in 1573 after confessing to crimes of lycanthropy and witchcraft. His string of cannibalistic murders may have been the result of a deranged mind—or of the powerful ointment he claimed helped him transform.

THE GANDILLONS

In 1598, this family from Burgundy, France, was prosecuted and put to death by demonologist Henri Boguet. They confessed under torture to receiving a magic salve and wolfskin clothing from the devil. Their lurid statements included tales of a witches' Sabbath attended entirely by werewolves, and thereby sealed their doom.

JEAN GRENIER

If you believe the account of this disturbed French teenager, Satan was still distributing magical skin cream and fur coats in France five years after the execution of the Gandillons. In 1603, Jean Grenier confessed to a series of over-the-top escapades that even prosecutors suspected were lies. Four hundred years too early for reality TV, this poor attention-hound lived out the rest of his days in a monastery.

THE BEAST OF GÉVAUDAN

Cryptozoologists suspect that wolf-dog hybrids or Asian hyenas were responsible for savage attacks on humans and livestock that took place in the countryside of Gévaudan, France, in the eighteenth century. Although we might never know the truth about the beast, its mysterious legend has inspired writers and filmmakers.

GAMES

FOR THE WHOLE PACK TO PLAY

Werewolf-themed role-playing games (RPGs) are a great way to test your lycanthropic skills, or try on a new supernatural persona. Invite the whole pack over and see who gets eaten!

WEREWOLF: THE APOCALYPSE

This extremely popular RPG from White Wolf allows players to create werewolf characters based on the Garou race, and several other shapeshifting denizens of the supernatural realms. In the game's universe, werewolves are the heroes, defending the spirits of nature from those who would harm them. Gameplay and backstory are extremely intricate and inspired a book series.

TWILIGHT PRINCESS

In this Legend of Zelda game (for Nintendo GameCube and Wii), the main character Link must transform into a werewolf before he can save the world. While the player cannot initially control the transformation, partway through the game this capability is unlocked. In wolf form, Link retains his intelligence and does not become a ravaging beast, to the joy of werewolf gamers everywhere.

TALES OF THE TEMPEST

An advanced race of werebeasts known as the Lycanth is forced to battle humans after Lycanth-created technology accidentally causes global devastation. This game for Nintendo DS allows for multiplayer quests and features the "beastman transformation system," which you can use to morph your character in battle.

THE SIMS 2: PETS

Players of this expansion pack for the megahit Sims game from Electronic Arts can transform into werewolves with just a little bit of effort. The lycanthropically inclined player must find a wolf with glowing eyes and establish a trusting friendship with it. Eventually, the wolf will bite the player, transforming him. WereSims have a range of special powers, including the ability to transform other players.

RAMPAGE

Based on a classic monster-themed arcade game, the *Total Destruction* installment of the Rampage game series is a release for Nintendo GameCube and Wii and Sony PlayStation 2. It features Ralph the Werewolf in a battle for the title of King of the World. If you've ever wanted to stomp through cities like a werewolf Godzilla, putting the smack down on dinosaurs and super-rats, this is the game for you.

EQUINOX

This online RPG lets you play as a human, vampire, or werewolf character in a world based on the Twilight books. But, really, is there any doubt about which one to pick? (We didn't think so.) This is an all-ages game, but parental consent is required if you're under twelve.



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